



myHealth
CONNECTIONS
PROMOTING HEALTH AND WELL-BEING

PRESENTS

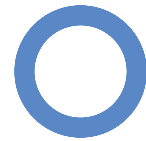
Wellness Wednesdays



Diabetes is a Family Matter

Type 2 Diabetes is a family matter. Take the time to know the symptoms and risk factors for diabetes, so you can help protect yourself and your loved ones from complications related to diabetes, as well as detect diabetes early.

The blue circle is the global symbol for diabetes. It signifies the unity of the global diabetes community in response to the rising number of people affected by diabetes. Show your support on November 14 for World Diabetes Day by wearing blue in their honor. #WDD



world diabetes day

14 November

Discover

212 million people with diabetes remain undiagnosed in 2017.
By 2030, that number is expected to rise to 522 million globally

- Prevent or delay life-threatening complications with early diagnosis
- If diabetes runs in your family, learn about the risks and warning signs to look out for, including: increased thirst and urination, increased hunger, fatigue, blurred vision, numbness or tingling in the feet or hands, sores that do not heal, or unexplained weight loss.



Prevent

80% of type 2 diabetes cases are preventable through the adoption of a healthy lifestyle

- Live a healthy lifestyle to reduce your family's risk of diabetes
- Eat healthy meals and exercise together as a family to encourage behaviors that can help prevent type 2 diabetes for everyone in the family



Manage

Less than 1 in 2 people with diabetes and 1 in 4 family members of people with diabetes have access to diabetes education programs

- Know your A1C number, which measures blood sugar levels over time and should be tested at least twice a year
- Participate in required treatments and scheduled monitoring by working with your doctor to set personal goals
- Educate yourself and your family with the support of a health professional to better manage diabetes



SOURCES: International Diabetes Federation, American Diabetes Association, WorldDiabetesDay.org, National Institute of Diabetes and Digestive and Kidney Diseases